# M2 Hockey Workout Plan

**Workout:** Midget Major Dryland

**Date:** 02/01/10

| Exercise | Reps | Sets | Weight | Notes |
|---|---|---|---|---|
| Bleachers | 1 | 3 | | |
| | | | | |
| Pull-Up/Pushup Routine Interval (60 sec) | 10/20 | 5 | | |
| Heavy Bag Bleacher Run | 1 | 1 | | |
| Pull-Up/Pushup Routine Interval (60 sec) | 5/15 | 5 | | |
| | | | | |
| Elbow Bridges | 30 sec | 3 | | |
| V-Ups | 25 | 3 | | |
| Crunches | 25 | 3 | | |
| 25lb Weight Plate Line | 3 | 3 | 25 | Line up in straight line all facing same direction shoulder-to-shoulder. Player on the end begins with weight plate and rotates (keeping feet in place) to hand the plate to the next person in line.<br><br>Use all 4 weight plates simultaneously, beginning with the same person |
| | | | | |
| ***Individual Player Meetings***<br><br>Players will be called individually for a meeting during the above exercises. | | | | |
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| Team Visualization Training | | | | 5-10 mins...everyone |
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